

The background of the slide features several dandelion seed heads against a dark, gradient background. One large, fluffy seed head is on the left side, while several individual, smaller seed heads are scattered across the center and right. The lighting highlights the fine, hair-like structure of the seeds.

Ketamine: Psychedelic Assisted Therapy

Celeste Monnette LCSW
Suegee Tamar-Mattis DO

Liminal Medicine
1020 Gravenstein Hwy S. Ste 120
Sebastopol, CA
707-861-0807



Ketamine: Psychedelic Assisted Therapy

1. Who we are
2. What is Psychedelic Assisted Therapy
3. Ketamine
4. What is the research
5. Questions



WHO WE ARE: Celeste Monnette LCSW

- Trauma-Informed Psychotherapist for over 25 years.
- Certified Ketamine-Assisted Psychotherapist since 2018
- MAPS MDMA trainee
- Clinical Director and therapist at Evolve Mind Wellness (now Liminal Medicine) since 2019

WHO ARE WE: Suegee Tamar-Mattis DO

- Board certified Family Medicine Physician
- California Institute of Integral Studies Certification in Psychedelic-Assisted Therapies and Research 2018
- MAPS MDMA Trainee
- Polaris Insight Institute: Ketamine Assisted Psychotherapy Training 2020
- Lead physician Evolve Mind Wellness, Sebastopol 2021 thru 2023
- Now Medical Director Liminal Medicine 2023

WHAT OUR FRIENDS THINK WE DO:



WHAT WE ACTUALLY DO:





THE NEW HOPE OF PSYCHEDELIC MEDICINE

THE PSYCHEDELIC RENAISSANCE



How to Change Your Mind

What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence

Michael Pollan

Author of *The Omnivore's Dilemma*

TheScientist

SEPTEMBER 2017 | WWW.THE-SCIENTIST.COM | EXPLORING LIFE, INSPIRING INNOVATION

HEALING WITH HALLUCINOGENS

THE THERAPEUTIC BENEFITS OF PSYCHEDELIC DRUGS



Pearl Symmetry Explained | Pluto's Dark Side

ScienceNews

MAGAZINE OF THE SOCIETY FOR SCIENTIFIC INFORMATION | DECEMBER 4, 2021



MIND-ALTERING Therapies

Can psychedelic drugs ease depression, PTSD and other mental health disorders?

Global Tech Driving the Future

10.01.2023
Newsweek

A NEW

TREATMENT



FOR

DEPRESSION

Psilocybin, aka **MAGIC MUSHROOMS**, could be the biggest advance since **PROZAC**

A close-up photograph of several dandelion seed heads against a dark, almost black background. The seed heads are white and fluffy, with some showing the brown seed at the base. The lighting is dramatic, highlighting the texture of the seeds.


WHAT IS PSYCHEDELIC MEDICINE?

WHAT CAN PSYCHEDELIC MEDICINE TREAT?

WHAT IS PSYCHEDELIC MEDICINE?



- It's not just the medicine
- Medicine + Therapy
- This is a new way to use medication: FDA had difficulty with this idea

The background of the slide features several dandelion seed heads against a dark, gradient background. One seed head is in sharp focus in the center, while others are blurred in the foreground and background, creating a sense of depth. The overall aesthetic is ethereal and contemplative.

CONDITIONS BEING TREATED OR RESEARCHED

- Depression
- Suicidal ideation
- PTSD
- Anxiety
- OCD
- Migraines and Cluster Headaches

- Bipolar disorder
- Substance Use Disorder
- Chronic pain
- End of life anxiety

HOW IT HELPS

MANY THEORIES

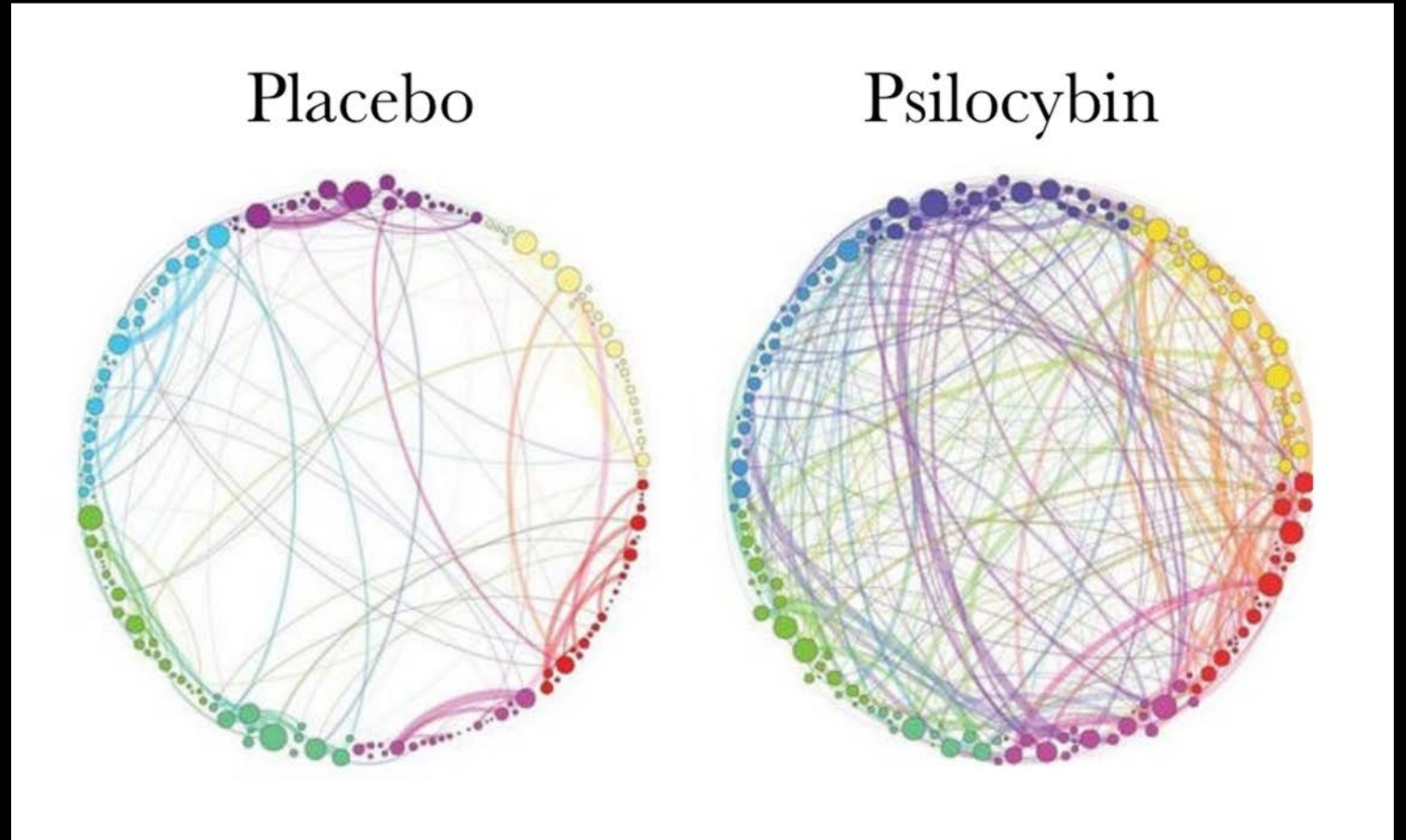
NEUROGENESIS AND NEUROPLASTICITY

Neurogenesis: the ability of the brain to grow new neurons

Neuroplasticity: the ability of the brain to form new connections and pathways between neurons

NEUROGENESIS AND NEUROPLASTICITY

Increase in
neuroplasticity



STM

Snow Globe Effect:

A good analogy









Ketamine



Wild west of Ketamine



Many different ideas of how to use Ketamine

Many options for consumers at this time.

Ketamine and Matthew Perry

Ketamine is a safe and effective medication, it is the most used anesthetic in children

Used in battlefields across the world

BUT

ALL medication need to be used properly

Unethical, Criminal Doctors caused his death.

Safe use of Ketamine

- Ketamine should only be used with medical supervision
- Careful screening of patients
- Specially trained therapists and medical providers

Why Ketamine?

1. Rapid anti- suicidal effect
2. Rapid antidepressant effect
3. Treatment Resistant Depression
4. Works with antidepressants
5. The only legal psychedelic!



Ketamine delivery options:

- **Lozenges/ Troche**
- **Nasal spray**
- **IV**
- **Injection**



shutterstock.com · 2264618843

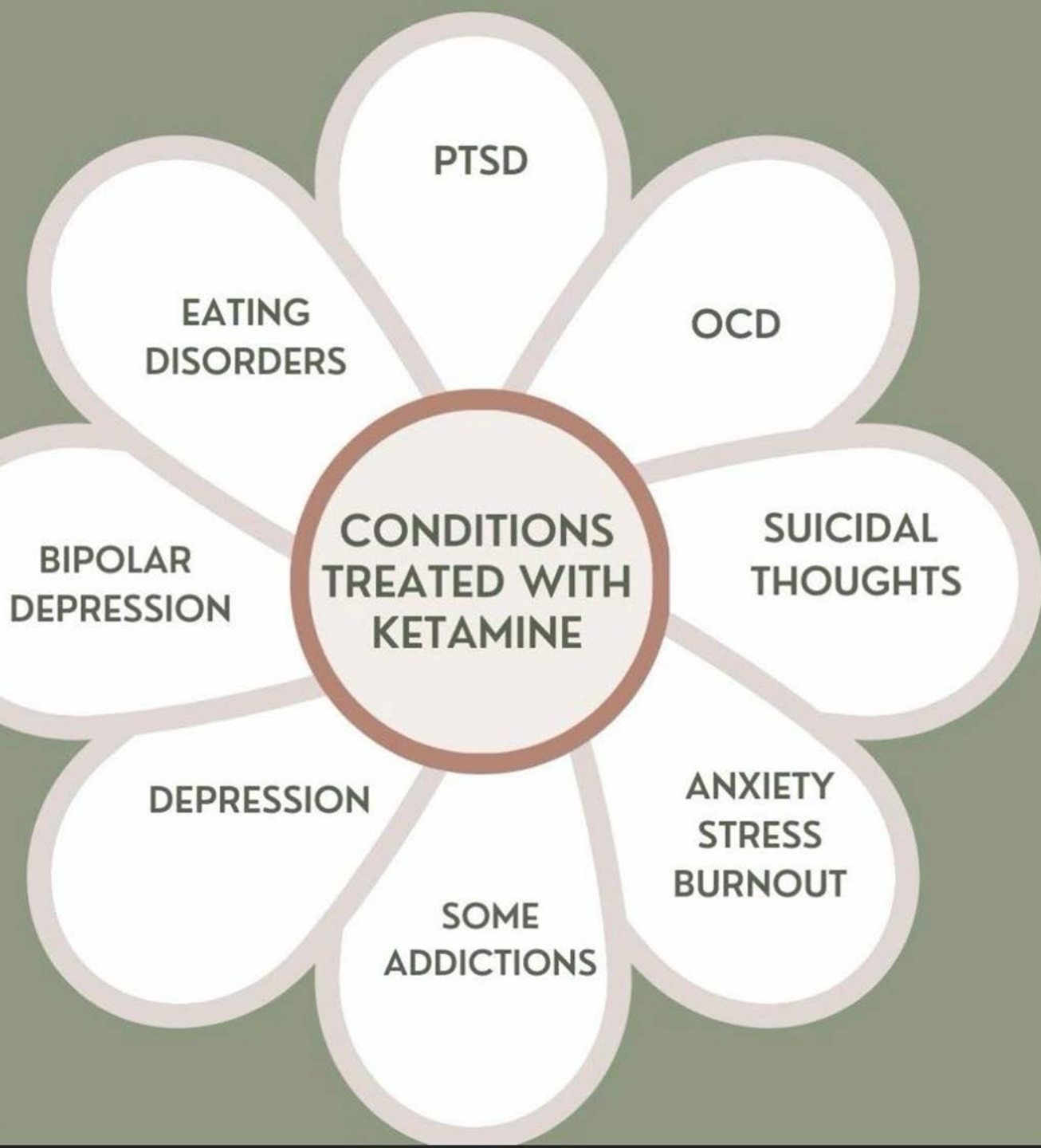
The background of the slide features several dandelion seed heads. One large, detailed seed head is on the left side, while several others are scattered across the frame, some in sharp focus and others blurred, creating a sense of depth and movement. The seeds are white and feathery, contrasting sharply with the dark, almost black background.

Suicidal Ideation

Research studies show Ketamine is life saving!

“Ketamine causes a rapid decrease and/or elimination of suicidal ideation”

CM



Also:

- Developmental trauma
- End of life issues
- Post-partum depression

Ketamine is Not for Everyone

Psychological Contraindications to Ketamine Therapy

- Psychosis or Schizophrenia
- Active mania
- Some personality disorders may not be good candidates


Medical Contraindications

- High risk heart disease (stable heart disease with a cardiology clearance is ok)
- Uncontrolled hypertension
- Liver disease
- Pregnancy
- Oxygen dependent patients

Side effects and Risks

- Ketamine WILL increase blood pressure 10 to 20 pts
 - We check blood pressure before and after treatment
 - We have medication on site to decrease BP if this is an issue
- Ketamine can cause nausea and vomiting
 - We can pretreat for anyone who has nausea issues or treat after if this becomes an issue

>Theoretical Risk: Bladder Pain



Ketamine is a great treatment, but it is not a cure

Many people will need boosters every 3 to 6 months (or longer)

STM



Ketamine Assisted Psychotherapy

What is it and who does it help?

What is Ketamine-Assisted Psychotherapy?

- High intensity, short term treatment.
- It is an adjunct to ongoing therapy
- KAP is combining psychotherapy with the administration of ketamine.





Therapy in an Altered State



- Accelerated form of treatment.
- Shift from the intellectual understanding of one's issues to a internalized felt shift.
- Ketamine is a “dissociative” not the same as how the word is used in therapy, allows people a perspective on who they are

CM

INTEGRATION: FOR LASTING RESULTS



INTEGRATION: FOR LASTING RESULTS

The background of the slide features several dandelion seed heads. One large, detailed seed head is on the left side, while others are scattered across the frame, some in sharp focus and others blurred, creating a sense of depth and movement. The seeds are white and feathery, contrasting with the dark, almost black background.

- One hour session with therapist
- Done within a week of the journey
- With a trained therapist
- Helps to form and reinforce new pathways
- Bring the insights from the psychedelic experience into everyday life



Liminal

M E D I C I N E

Liminal Medicine

1020 Gravenstein Hwy S. Ste 120

Sebastopol, CA

707-861-0807

www.liminal-med.com

Open House

Sat., Sept. 7

2-4 pm

All are welcome